

Health and Wellbeing

LKS2 term 4- PHSE: Dares and habits

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Dare:	A challenge or request to do something, often risky or unsafe.
Habit:	Something you do regularly or automatically, either good or bad.
Good Habit:	A positive behaviour that is helpful to your well-being, like exercising or reading.
Bad Habit:	A negative behaviour that may harm you, like eating too much junk food or not doing your homework.

What I will know by the end of the unit:

What dares and habits are and why they can be risky and unhealthy.

Why Dares Can Be Dangerous:

Some dares can encourage risky or harmful behaviour.
You might feel pressured to do something that makes you uncomfortable.
Doing dares without thinking can lead to accidents or hurt feelings

What to Do if You Are Asked to Do a Dare

Stay Calm: Don't feel rushed to say "yes." Take a moment to think about the dare.
Trust Your Feelings: If a dare makes you feel scared, uncomfortable, or unsure, it's okay to say "no."
Talk to a Trusted Adult: If a dare feels too risky, tell a teacher, parent, or carer about it.
Say "No" Confidently: It's okay to say "no" to something if you don't want to do it. You don't need to explain yourself.
Walk Away: If someone keeps pressuring you, you can choose to walk away and avoid getting involved.

Examples of Good Habits:

Washing your hands before meals.
Playing outside or exercising.

Examples of Bad Habits:

Leaving toys or clothes lying around.
Spending too much time on screens (phones, tablets, TV).

Good Habits vs. Bad Habits

Good Habits:

Keep you healthy, happy, and organized.
Help you achieve your goals and make positive changes in your life.

Bad Habits:

Can make you feel unhappy, unhealthy, or unorganized.
Might hold you back from doing your best or reaching your goals.

Task 4

REFLECTION

Independent Task

Now try to answer the following questions independently in your books:

- ★ How should you react if someone pressures you to do something (e.g., a dare) that you don't want to do?
- ★ Describe how we can tell if a dare or challenge is harmful in some way.
- ★ Explain why we should never carry out a dare that makes us feel unsafe or copy anything that we see in an online video.



Health and wellbeing

LKS2 term 4- PHSE: Hazards, safety and abiding by rules to keep safe- Road, rail, water, fire, cycling

PHSE Golden Concepts				
Respect	Safety	Communication	Health	Relationships

What I will know by the end of the unit:

How to stay safe in different environments and contexts.

Key Vocabulary	
Hazard:	Something that can cause harm or danger.
Safety:	Taking care of yourself and others to avoid accidents.
Pedestrian:	A person walking, not driving.
Traffic:	The vehicles and people moving along the road.
Life Jacket:	A safety vest worn when near water to help you float.
Fire Drill:	A practice session for evacuating a building in case of fire.
Helmet:	A protective hat worn to protect the head while cycling or riding a scooter.

<p>Examples of Hazards: Tripping over something. Touching something hot. Walking too close to a busy road. Swimming in dangerous water.</p>
<p>Key Rules for Staying Safe on the Road:</p> <p>Stop, Look, Listen, Think: Always stop at the edge of the road, look both ways, listen for cars, and think before crossing. Use Pedestrian Crossings: Always cross at a designated crossing, such as a zebra or traffic light crossing. Walk on the Sidewalk: Use pavements (sidewalks) to stay away from traffic. Wear a Seatbelt: Always wear a seatbelt when in a car. Be Seen: Wear bright or reflective clothing when walking in the dark.</p>
<p>Key Rules for Staying Safe Around Trains:</p> <p>Stay Behind the Yellow Line: Always stay behind the safety line on platforms. Wait for the Train to Stop: Never run towards or onto the platform until the train has fully stopped. Don't Play on Train Tracks: Train tracks are dangerous; never play near them. Listen for Announcements: Always listen for safety instructions at stations.</p>
<p>Key Rules for Staying Safe Around Water:</p> <p>Never Swim Alone: Always swim with an adult or a lifeguard present. Don't Run Near Water: Running near pools, lakes, or rivers can cause slips and falls. Know the Dangers of Deep Water: Stay in shallow water if you're unsure about swimming. Wear a Life Jacket: Always wear a life jacket when boating or near deep water. Stay Away from Strong Currents: Avoid swimming in areas where the water moves quickly (e.g., rivers with strong currents).</p>
<p>Key Rules for Fire Safety:</p> <p>Stop, Drop, and Roll: If your clothes catch fire, stop moving, drop to the ground, and roll to put out the fire. Stay Away from Fire: Never play with matches, lighters, or candles. Know What to Do in a Fire: Practice the fire drill at school and know the escape route at home. Smoke Detectors: Make sure your home has smoke alarms that are working and tested regularly. Don't Block Fire Exits: Keep fire exits clear in schools and other buildings.</p>
<p>Key Rules for Staying Safe While Cycling:</p> <p>Wear a Helmet: Always wear a helmet to protect your head. Check Your Bike: Make sure your bike is in good condition (brakes working, tires inflated). Follow Traffic Rules: If cycling on the road, obey traffic lights and signs. Ride in the same direction as traffic. Use Bike Lanes: Where available, use bike lanes for safer cycling. Wear Bright Clothing: Be visible to other road users by wearing bright clothing, especially in the dark.</p>



Health and well being

LKS2 term 4- PHSE: Mental health

PHSE Golden Concepts

Respect

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Health

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Key Vocabulary

Mental Health:	How we think, feel, and act, and how we handle life's challenges.
Feelings:	Emotions such as happy, sad, angry, or scared.
Resilience:	The ability to recover from difficulties and keep going.
Self-Esteem:	How we feel about ourselves and our worth.
Stress:	A feeling of being overwhelmed or unable to cope with certain situations.
Well-being:	A state of being happy, healthy, and comfortable.
Support:	Help from others when you are feeling down or need advice.

What I will know by the end of the unit:

What is mental health and how can we look after our own mental health.

Definition: Mental health is how we think, feel, and behave. It also involves how we handle stress, relate to others, and make decisions.
Just Like Physical Health: Mental health is just as important as physical health. We all have mental health, and we need to look after it.

Examples of Good Mental Health:
 Feeling happy, calm, and confident.
 Being able to manage worries and challenges.
 Having good relationships with others.

Examples of Struggling with Mental Health:
 Feeling sad, worried, or scared for a long time.
 Having trouble sleeping or feeling very tired.
 Struggling to concentrate or feeling angry all the time.

Why is Mental Health Important?

Healthy Mind, Healthy Life: Just like taking care of our bodies, it's important to take care of our minds so we can feel good, focus at school, and enjoy life.

Helps Us Handle Life: Mental health helps us deal with challenges, learn new things, and handle changes in life.

Supports Relationships: Good mental health helps us communicate and connect well with others.

How Do We Look After Our Mental Health?

Talk About Our Feelings: It's important to share how we feel with someone we trust—whether we're happy, sad, worried, or confused.

Take Care of Our Bodies: Eat healthy food. Get enough sleep. Stay active through exercise and play.

Relax and Have Fun: Make time for activities we enjoy, like hobbies, playing, or spending time with friends and family.

Be Kind to Ourselves: Treat yourself with respect and be kind when things don't go well. It's okay to make mistakes.

Breathe and Calm Down: Take deep breaths when feeling upset or anxious to calm the mind and body.

Practice Positive Thinking: Focus on the positive things in life. Be grateful for small, happy moments.

Self-Care & Mental Health

